



NEW COMMUNITY CLARION

SERVING THE PEOPLE OF BABYLAND - St. ROSE OF LIMA & NEW COMMUNITY

VOL. 5, NO. 1

NEWARK, NEW JERSEY

MARCH, 1987

Neighborhood Shopping Takes A Giant Step Toward Reality

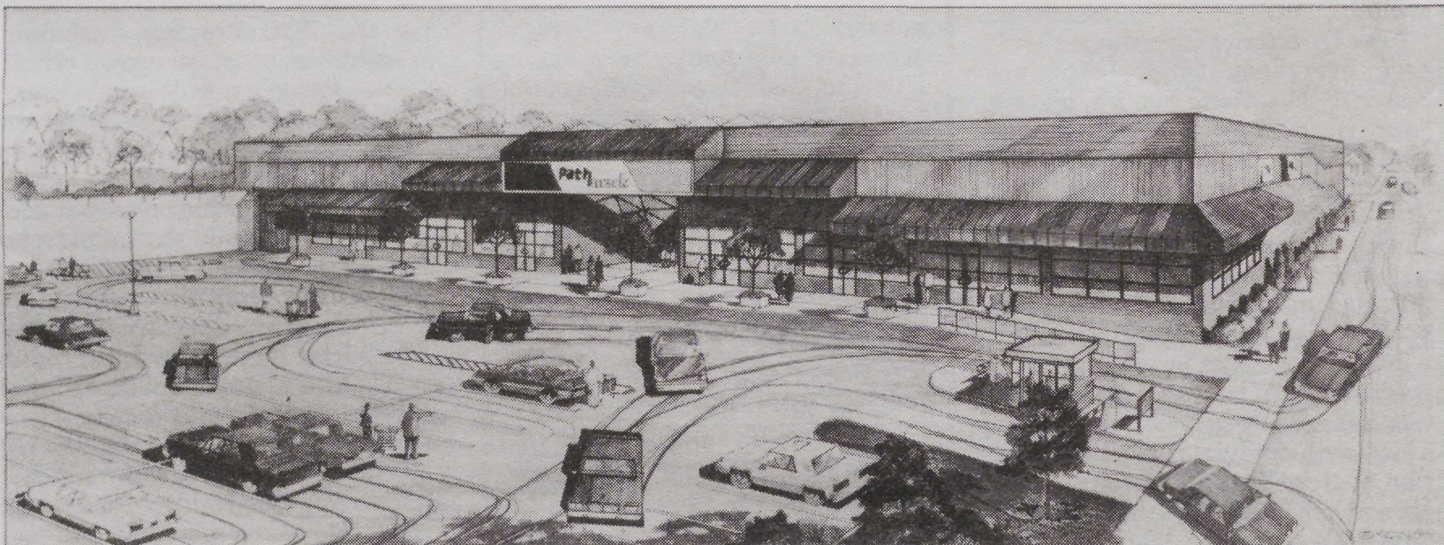
NEW JERSEY DIVISION C
NEWARK PUBLIC LIBRARY

Rejoicing resounded throughout the community on February 20th when the Appellate Division of Superior Court of New Jersey ruled that the New Jersey Housing and Mortgage Finance Agency (NJHMFA) has the right under state law to condemn private property and transfer it to another private owner to service a public purpose — in this case the increased livability of a one mile residential area containing 93,600 people. The purpose of revitalizing an urban area merited the power of condemnation. They found "no bar to the condemnation under either the United States or New Jersey Constitutions."

The decision was handed down by a 3 judge panel consisting of Judges Melvin Antell, Warren Brody and Virginia Long.

The ruling paves the way for condemnation proceedings which will then allow New Community to purchase the 3.3 acre tract adjacent to its redevelopment area with financing from NJHMFA. The Central Ward property, situated on the corner of South Orange Avenue and Bergen Street will be developed as a shopping center whose main occupant will be Pathmark Corporation.

Before condemnation can proceed however, the agency must now conduct negotiations with the seven remaining property owners within the area, after informing them of the appraised value of their properties. If



Artist's rendering of the proposed new shopping center as initially designed for the site, shows modernizing effect on the area.

these negotiations fail, they can seek once again to condemn the property. A previous condemnation action was dismissed due to omission of this appraisal notification by NJHMFA.

The ruling is a first in that traditionally condemnation has been sought by the agency for housing whereas this would be for supplies and support services to an existing residential area.

The decision is being hailed here in the Central Ward as a long overdue recognition by government process of the value of their stable urban neighborhood, and of the people whose lives it enfolds. "It was good to see the needs of ordinary people ad-

ressed fairly and satisfied as those of the 'giants' would be," said Georgia Ransome, who heads the New Community committee attending to the University Heights area in which the property is located. Ms. Ransome was born and raised here, as were many of the neighborhood and New Community residents.

The neighborhood as seen through their eyes is different from that seen through those of passers through. To the longtime residents the neighborhood is viewed as "home" and filled with memories of roots and families and friends and living and dying. It is like an old familiar shoe which changes as the foot within it, yet still

accommodates and is treasured by the wearer.

Without these vital supports providing access to decent food sources and services enhancing the livability of the residents, the people carving out their lives here would gradually be forced to give up their struggle for a decent life and move away — if they could. Gradually their neighborhood would wither and die — eventually ceasing to exist.

But now that will not happen.

The decision made on the 20th day of February 1987 heralds instead the promise of new life to the whole area — a regeneration of hopes and dreams for the future. We look forward to that future now and we rejoice.

New Community Gains Director Of Operations

Next year, New Community Corporation (NCC) will celebrate its 20th year of service to the Newark community. In that time the New Community Network of NCC, Babyland Nursery and St. Rose of Lima Parish has grown from a single employee to one which employs 600 people in its total operation. Growth must include change, so it is never "business as usual" at New Community.

One of the recent changes has been the addition of a Director of Operations — Sister Doris Ann Bowles, O.P.

In a recent interview Sister referred to Father Linder's dream "to accord each person the dignity to decide his own destiny," in explaining her decision to come to New Community, and affirmed her belief in this dream. The new director said she was also "aware that we do not attain full dignity without attempting to control



Sr. Doris Ann Bowles, O.P.

our own destiny," and recalled Father's attempt to make this dignity possible for the people of Newark. Sister's role, as she sees it, will be "to attempt to inject process into the dream."

Continued on page 2

National Study Confirms Value Of Community Development Credit Unions

In December 1986, The National Federation of Community Development Credit Unions (CDCUs) and the Department of Health and Human Services Office of Community Services in Washington, D.C. prepared a study entitled *An Analysis of the Role of Credit Unions in Capital Formation and Investment in Low and Moderate — Income Communities*. Ward Smith, President and Clifford Rosenthal, Executive Director represented NFCDU and Harold Gore, Program Analyst represented the Department of Health and Human Services.

New Community Federal Credit Union participated in this study.

The report showed a positive reaction to the roles of Community

Development Credit Unions and encouraged expansion and support of their role in the community.

In their report the investigators found that credit unions are playing a vital role in capital formation and the promotion of savings in low and moderate-income communities. They noted that the groups had "marshalled considerable resources from outside the communities they serve and have met with significant success in encouraging their members to save," proving in the process that given the opportunity and encouragement the poor can and will save.

The study found credit unions "playing a critical role in distressed communities, particularly where

Continued on page 3

New Director...

Continued from page 1

New Community was able to accomplish so much by forging ahead and by not waiting for details to get into place, she related. Gradually, however, with the complexity of the operation, attention to the details is necessary to benefit productivity of the whole organization. Procedures must be followed.

Sister Doris Ann referred to an ancient medieval saying that "God is in the details." She told the story of an architect who was spending a great deal of time on the carvings that no one would see in a cathedral he was designing. When questioned he reminded questioners of the aforementioned saying. Similarly Sister feels that "it is minutiae that indicates our perfectionism in our commitment."

"The Director of Operations should save everybody time," explained Sister in describing her job, adding, "and if the best friend of a good organization is routine, the best routine is one which saves you time." She will address the operations in such a way as to **save** people time.

Sister remarked that she was "thrilled and excited about being part of the New Community dream."

Sister Doris Ann was born in the South of Africa in Zimbabwe (Southern Rhodesia). Currently she is a doctoral candidate in administration at New York University. Sister earned her M.A. at Catholic University in Washington, D.C., and her B.A. at nearby Caldwell College in New Jersey.

The new director is an experienced administrator, having been Superintendent of Schools for the Newark Archdiocese as well as principal and assistant principal of Union Catholic High School in Union, New Jersey. Another part of her expertise is in futuristic planning and communication. Sister wrote a bi-weekly column for *The Advocate* and has also been a writing consultant for a national real estate firm based in New York.

We welcome her many talents certain that they will help New Community achieve an even greater level of service to the people of Newark.

Clarion Celebrates 4th Anniversary!

THE NEW COMMUNITY CLARION

The N.C. Clarion is published the first week of each month as a community service. The Editor reserves the right to withhold articles and photographs once they are submitted. Opinions expressed in columns are those of the author and do not necessarily represent the views of the newspaper. Articles are appreciated by any and all concerned.

PUBLISHER: New Community Corporation
EDITOR: Patricia A. Foley
PHOTOGRAPHER: Eva Obermeyer

Send to: The Clarion
c/o New Community Corporation
233 W. Market Street
Newark, New Jersey 07103
(201) 623-2800
Circulation: 10,000

How Available Is The WIC Program?

The Women, Infants, and Children Supplemental Food Program (WIC) is a federally funded service which provides nutritious foods to eligible women and children living in Newark, Irvington, or Maplewood. Checks are issued to those determined eligible. These checks have a purchase power of \$350.00 - \$500.00 at selected stores for designated foods.

Actually, the program is ideal for those parents whose incomes are very low and/or whose children are at medical or nutritional risk. The additional foods are rich in nutrients which are essential for healthy growing bodies.

There are concerns, however, regarding apparent hindrances to the program's availability for some Newark residents. Although fifteen vendors for the WIC Program have been authorized for Newark, there are presently only twelve in operation. NCC inquired regarding the possibility of their concessions becoming WIC vendors; they were thoroughly discouraged by a spokesperson who protested, "too great a difficulty to get permission." NCC had intended to eliminate the need for many Newark people to travel to Irvington stores to use their WIC checks for appropriate foods.

This points up an important flaw in the program — the inaccessibility of the vendor to the women with children for whom the program was designed.

As an example, a pregnant woman,

or mother with infant or small children would have to take a bus (most can't afford cars) and make a trip to Irvington (children in tow) to cash her check in person with proper I.D. at the certified vendor, according to the rules. Then she would have to carry twelve (12) cans of formula and/or the rest of her designated groceries back in that bus (children in tow).

Many cannot find the means to accomplish this before the check expires. Their checks then go uncashed. In addition, budgets are determined by the use of those checks; hence there is concern that the Federal government will look at those uncashed checks and say "let's give up on the program," without looking at **WHY** they are unused.

Similarly, the authorized food list for the WIC Program includes a lengthy lineup of very good cereals, juices, formulas, milk, and cheeses. However, there are restrictions placed on size of box, number of ounces, kind of cheese, etc.

Any program which makes it possible for parents and their children to fare better physically has merit. It is unfortunate that the merit of the WIC Program has been heavily diluted by its bureaucratic regulations. NCC is on record as willing to take on some of the burden of WIC officialdom in order to lighten the burden of WIC participants.

For eligibility information call Newark WIC at 733-6670.

Slogan Contest!!!

SEND IN A SLOGAN

The Public Affairs office of New Community Corporation is currently undertaking the task of developing a slogan. It would appear on our T-shirts, caps, jackets, bumper stickers, buttons etc.

(Example: I'm proud to be a part of Newark's New Community)

To qualify for a prize a person:

1. Must be an NCC resident on lease

or

2. Must be an NCC Network employee

First Prize: Dinner for 2 at the fabulous Priory Restaurant

Second Prize: Free tickets to Annual Chinese Auction

Third Prize: Complimentary tickets to the Fur Coat Drawing

All entries must be in no later the April 10th, 1987 - 5:00 p.m.

Winners will be notified in person and will appear in May Clarion issue.

Send Slogans to: Georgia Ransome C/O Public Community/Affairs,

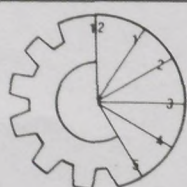
St. Joseph Plaza,
233 West Market Street,
Newark, New Jersey 07103

Every Time You Hire, You Change Someone's Life

A steady job is more than a paycheck. It creates a sense of accomplishment and motivates people to try harder.

Every time you employ from the Newark area, you enrich the lifeblood of the community and you invest in your own business's success—and Newark's future.

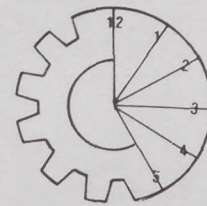
For free assistance in finding qualified job candidates from the area who meet your requirements, contact the New Community Employment Center (201) 643-3828.



New Community Employment Center

15 Hill Street
Newark, N.J. 07102

(201) 643-3828



New Bilingual Counselor At

NCC Employment Center

We're all very excited at the New Community Employment Center about the fifth counselor to come on board, Eva Roman, who will focus her energies on the Hispanic community and increase our placements substantially among this group.

Eva is exactly the kind of person we were looking for. She did undergraduate work at Colegio Notre Dame in Puerto Rico, and has worked as a customer service representative and juvenile counselor. She has been heavily involved in community activities and thoroughly enjoys working with people.

Eva's biggest challenge will be in locating job openings which do not depend heavily on knowledge of the English language. Eva, who speaks



Eva Roman

English and Spanish fluently, said she has "known people that lived in this city for 20 years, don't speak a word of English, and have managed to support their families." She is confident she will be able to locate employment opportunities for our Hispanic applicants.

Eva is very enthusiastic and confident about extending our service to a major group of people in this city. She has been hard at work spreading the word that we now employ a full-time bilingual counselor. "I know there's a need in the Hispanic community for these kinds of agencies," said Eva, "and I feel I should pass the information on."

"Eva is a very bright, vibrant and compassionate woman" stated co-director John Bins, "she fits right in with our staff and has already made a good name for herself with our applicants."

Eva's full-time position is being supported by a grant from the Schumann Foundation and we expect the results will be dramatic. When we put a full-time youth counselor to work, our placements among young people increased 700%. From what we've seen already, we're sure Eva will do just as well.

Any employer with positions available for bilingual or non-English speaking people, is encouraged to call on us for referrals at 643-3828.

L. Michelle Odom

National Study...

Continued from page 1

banks have pulled out or are not providing services to the residents," and confirmed that "to an extraordinary degree" those serving low-income communities are reinvesting members' savings in these communities.

Turning to credit unions' role in economic development they found them to be financing many **small** businesses which larger banks would not consider, increasing home ownership possibilities and higher education with their loans, and providing "an array of community services — from day care to shelter for the homeless.

One of the problems of these credit unions was a tendency to "become trapped in a vicious cycle" propagated by a small asset base, which in turn limited their expansion beyond consumer lending into the community development arena. They recommended a pooling of technical and financial resources and assistance "in obtaining the public attention and private support which their accomplishments merit."

The study spelled out the help needed, including: training and technical assistance; outside resources, in the form of long-term, non-member deposits at low interest rates to quickly expand their asset base, thus their self-sufficiency; and a regulatory environment that encourages, rather than impedes, business lending by CDCUs. It supported the establishment of new credit unions serving low-income communities.

The study further recommended encouragement by the Administration of private sector investment in community development activities by support of a "wholesale bank" vehicle for CDCUs. This would be a chartered special-purpose national financial institution, a "National Community Development Federal Credit Union," created specifically to meet the community development investment needs of CDCUs by pooling resources, attracting private investments from outside the credit/union network and recycling

resources by making long-term deposits in CDCUs for the purpose of community-based economic development.

Encouragement to the establishment of new credit unions serving low and moderate-income communities was addressed with their recommendation of the establishment of a "National CDCU Service Corporation" to provide financial and technical assistance to new and fledgling CDCUs.

A positive supporting role by the Administration toward legislation helping credit unions and a modification of the existing and proposed National Credit Union Administration (NCUA) regulatory requirements that impede lending was also recommended by the investigators.

The group asked for assistance from trade organizations, encouragement and support by banks and assurance that CDCUs have access to the Minority Bank Depository Programs currently operated by the Federal Government.

Of importance also was their suggestion that state and local governments "be asked to support credit unions serving low-income neighborhoods by placing low-cost, non-member deposits in such credit unions for the purpose of financing community development projects." It focused particularly on the use of part of the cash accounts of agencies charged with public assistance and part of the money from public housing units as well as other appropriate government sources.

Lastly, the study recommended that each target area identified as a site for a pilot project in State Welfare Reform plans should also be considered as a site for the establishment of a community development credit union.

The study has been done. The recommendations have been made. We hope the people who can make a difference put these words into action.

The New Community Federal Credit Union is proud to have contributed to this effort.

We're Not "Just An Emotional Issue" — Someone Does Care!

From January 13th until February 23rd the residents of New Community and many other supporters sat on needles and pins awaiting the decision to be rendered at the Appellate Hearing of the Superior Court of New Jersey.

Supporters throughout the New Jersey area called NCC after reading the December and January issues of *The Clarion* and particularly after the January 16th article that appeared in the *New York Times*. We would like to thank all the many people who were instrumental in bringing the dream of a Neighborhood Shopping Center closer to a reality.

On the day of the court hearing the attorney for the Defendants, when questioned by one of the judges stated, "It's not about thousands of people — that's just an emotional issue attached to it."

We left the courtroom saying, "Are we just an emotional issue? Aren't we

people? deserving of a decent place to shop in the vicinity of our homes?" We were angry, hurt and humiliated, as we always knew that among some people, this was the way we were viewed.

However, justice prevailed and the three judges decided that we were more than "just an emotional issue," that we were people deserving of all the amenities that ensure a wholesome environment and promote the development of positive growth.

We are looking forward to our bakery and maybe a shoemaker or some other added shops that will enrich our community. The jobs that these businesses will provide will be an added bonus to our neighborhood residents.

We are grateful for our super-market no matter how long overdue it may be.

Georgia Ransome

NCFCU First Annual Membership Meeting



New NCFCU President Roberta Singletary (R) and Alma Hanks, Secretary, discuss new plans.

January 31, 1987 marked the New Community Federal Credit Union's first annual membership meeting. The nominating committee submitted the slate of officers, which is as follows: Roberta Singletary, President; Ralph Simpson, Vice President; Sister Rita Calabrese, Treasurer; and Alma Hanks, Secretary.

Elections were held and the proposed slate of officers was accepted. All officers' terms are for one (1) year.

As of this writing the NCFCU membership is 700 with assets of \$760,000.00.

Women Are Saluted

New Community was born as women and men of Newark reflected on needs and dreams.

The women of Newark, New Jersey, and the world have finally been recognized through the passing of a

Congressional Resolution designating March 1987 as "WOMEN'S HISTORY MONTH" and Sunday, March 8, 1987 as "INTERNATIONAL WOMEN'S DAY."

New Community is recognized as an organization of leaders throughout this country and abroad. Therefore, it seems natural that at New Community we recognize that the focus of history in the past has virtually excluded women, people of color and the mass of America's ordinary citizens. Help to highlight outstanding women of yesterday and today in print. Also, reflect on the women who inspired you. Tell them. Encourage the younger women to continue the struggle for the development and recognition of all people.

Tell those who enabled us to celebrate this month that you salute them and ask their involvement on a year round basis.

After all, March is only 31 out of 365 days.

Elizabeth F. Dougherty, D.M.D.

and

Audrey Malone, D.M.D.

Dentistry for Adults and Children
at
New Community
Extended Care Facility
266 So. Orange Avenue
Newark, N.J.

Office hours by appointment Monday through Saturday, with evening hours available.

Call 242-5737

The Priory Restaurant



Fine Dining In An Old World Atmosphere

★★★★

We are now open every Saturday Evening for Dinner
Seating — 6:00 p.m. - 10:00 p.m.

Featuring Southern American and Continental Cuisine

★★★★

Cocktail Bar Open Daily

★★★★

On Weekends

American Continental Cuisine

Lunch — 11:30 a.m. to 3:00 p.m. Monday through Friday

Dinner — 5:00 p.m. to 10:00 p.m. Monday through Friday

★★★★

Popular Sunday Brunch

9:30 a.m. to 3:30 p.m.

NO RESERVATIONS REQUIRED

ST. JOSEPH PLAZA

233 WEST MARKET STREET, NEWARK, NEW JERSEY

201/242-8012

Attended Free Parking On Site

Extended Care Facility Celebrates First Anniversary

To thank the community leaders who helped to make the nursing home a reality, "Because of You" was the theme around which the anniversary celebration of New Community Extended Care Facility and Medical Day Care evolved. Following the opening song, "Newark Loves You" by Synthia Jordan and opening remarks by Dr. Paul Kearney, three residents of the Facility, Marie Kearney (no relation), Edmond Wilcox and Naomi Washington as well as two participants of Medical Day Care, Eleanor Fuller and James Daniels attested to their progress and



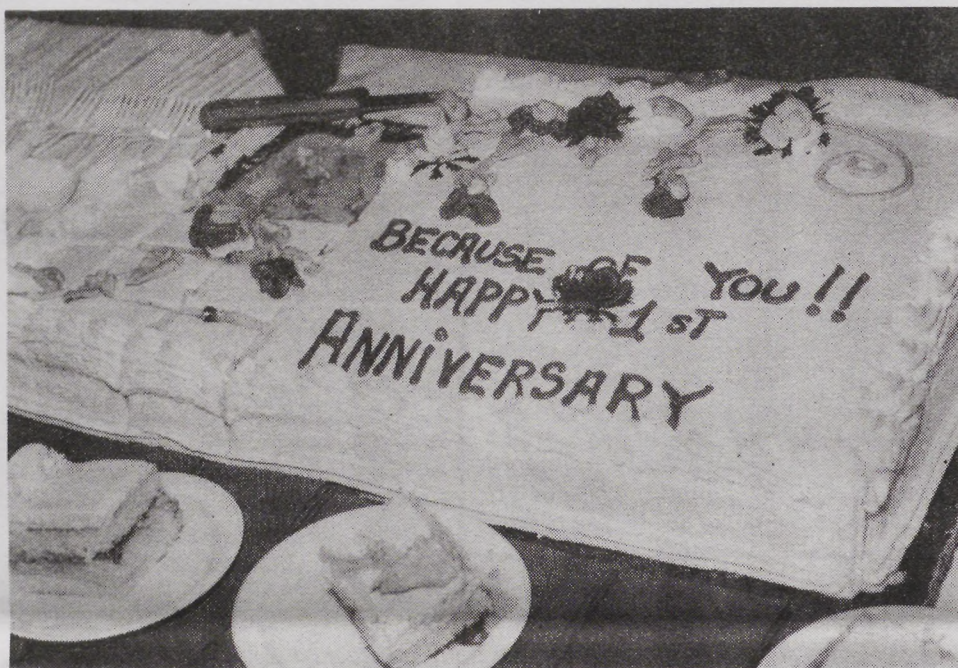
Dr. Paul Kearney, Medical Director of the Extended Care Facility, addresses the audience.

good care. Mrs. Kearney, who has gained 18 lbs. in 12 mos., subsequent to reading her speech assured the group they were "getting their money's worth!"

Certificates were awarded by Connie Ford and Asst. Administrator Sr. Mary Pauline to the following tenant leaders who "Because of You" made the Facility possible: Richard Barfield, Illa Barnes, Mary Bell, Emma Brewer, Ann Smith Brown, Phyllis Burton, Grace Chambers, Ethel Clark, Doris Crenshaw, Edna Daniels, Elizabeth Davis, Florie Davis, Ruby Dawson, Edgar Denson, Elizabeth Franklin, Alma Hanks, Lee Hatten, Maude Jones, Zora Knowlton, Ann Latham, Ruby Mar-



Marie Kearney, a resident, (center), reads her own words of tribute as Connie Ford, (L) and Jacque Ragin look on.



Happy Birthday to You, NC Extended Care Facility!!!



A crowd of celebrants listens keenly to the proceedings before partaking in a delicious buffet.

shall, Margaret Phillip, Antha Reed, Marion and Ralph Simpson, Helen Vaughn, Viola Walker, Ellen Watson, Bertha Whatley, and Connie Wise.

There is much talent among the employees of NCECF. Accompanied on the piano by Curtis Watkins, Brenda Sessoms and Ron Howard of the Dietary Department sang "The Closer I Get To You." The final song of the program was "People" sung by Activities Director, Byron Jones.

Special recognition was also given by Executive Director, Connie Ford to four employees, who had perfect attendance from the first day of resident's arrival January 9, 1986 through the following January 9th. They were Mae Farrell, Diane Nash, Dr. Kearney and Jacquelin Ragin.

To conclude the program Sr. Consuela prayed a benediction and blessing for all to enjoy a delicious buffet dinner.

Rockaway Review

What a fitting name for this lively group of performers. The Rockaway Review is a group of Golden-agers (over 60) from upstate New York. Essex County College in celebration of Black History Month, invited them to perform at their college.

Senior Centers from all over the city attended this celebration.

Twenty-eight Medical Day Care participants, two faithful volunteers, and the entire Medical Day Care staff were in the audience.

It was an early morning for the MDC participants. The van picked to transport them was scheduled 15 to 20 minutes earlier than usual. Food service also prepared and sent the participants' lunches at 11:00 a.m. sharp. After lunch they were on their way.

Essex County College Gymnasium was fully accessible (for the handicapped). Once all were inside the Multipurpose Room the show began.

The opening number "Let us Entertain You" was a hit and entertain us they did. The participants and staff clapped and swayed with the best of the music. One participant even stood up to show us she could do it too. Everyone had a good time. A few of our male participants had an extra good time as some of the ladies from the cast greeted them with a peck on the cheek.

There were no complaints about getting home late or missed soaps when the show ended at 4:00 p.m. That spirit of liveliness continued as we left the college waving good-bye to cast members and friends.

Thank you participants, volunteers, staff and Essex County College for a Rocking good time.

Cynthia Foster
Director of Activities
Medical Day Care

Spring into Spring FLEA MARKET

ON
Thursday, March 12, 1987
FROM
10:30 a.m. to 2:00 p.m.
AT

**New Community
Extended Care Facility**
266 So. Orange Avenue, Newark

All You Can Carry For \$5 A Bag
See You There!!!

Men Need Recreational Tools

Needs and wants are very relative. At New Community Extended Care Facility the ratio of women to men is 9:1. The song "I Want a Girl..." is certainly a dream fulfilled but...

Our men have organized and this is their plea... "Please provide us with a place and some equipment for just us!" As an example, one of our residents is a carpenter who has never lost his love for wood. When you are 84 years old, whittling, building and repairing can be a

pleasure and no longer "work." He would love to have the materials and place to enjoy his hobby. Our other male residents would also like to enjoy activities oriented toward them.

So...do you have a small pool table, pinball machine, lightweight sports equipment, card or snack tables, tools, etc. which the men could use? If there is a fraternal organization or an individual who would like to assist in this project, please contact Byron Jones, Director of Activities at (201) 624-2020, Ext. 27.

A Special Tribute

The rapid thinking and acting of Leigh Harvey, Director of the NCC Extended Care Facility's Business Office prevented a tragedy last February 20th. She, Assistant Administrator Sister Mary Pauline, Diane Nash, and Francine Uche of the Billing and Admitting Departments were driving to Trenton to meet with Medicaid Officials to resolve payment problems on eight (80) residents. Ms. Harvey's car suddenly died in the middle of the

highway. A glance in the rear view mirror indicated potential imminent trouble loomed.

Ms. Harvey commanded the successful immediate evacuation of her car. Within seconds a van plowed into it. Skid marks totalled ninety (90) feet as her car was moved seventy (70) feet and demolished.

Without prompt action by Mrs. Harvey we would have all suffered much more than the loss of a car.

GOD was good.

Welcoming Team Reassures Potential Residents

At the Extended Care Facility, residents are greeted and "settled in" by a pair of talented women who truly live the philosophy of New Community — Mrs. Francine Uche and Ms. Jerri Hughes.

Admissions is Mrs. Uche's and includes the identification of social, nursing care and financial needs. It is her gentle, competent voice that

Hackettstown where she served on the Judicial Committee and was assistant to the Resident Director. Jerri attended Jersey City State College and merited a Bachelor of Arts degree in sociology. Ms. Hughes brings with her experience gained as a crisis counselor. She will be enrolling at Rutgers University Graduate School to complete her Master's



Social Worker Jerri Hughes (L) and Francine Uche, of Admissions, consult on the admission of a new resident.

reassures the fear-filled inquirer that "Yes, New Community Extended Care really is different." Ms. Hughes on the other hand, works with the extended family of the potential resident and assists all through the transition of hospital/home to the Extended Care.

Francine was raised in Newark and attended Orange High School. She also attended Centenary College in

Degree in Social Work. Jerri has always found life a challenge of achievement, faith and hard work. She is the second oldest in her family.

Our special team of Francine and Jerri are waiting to help you and your loved ones maintain their self-esteem and dignity during a most difficult time. They await your call at 624-2020.

National Nutrition Month Celebrated At Extended Care Cafeteria

National Nutrition Month will be celebrated throughout the month of March at the New Community Extended Care Facility Cafeteria at 266 South Orange Avenue, which is open to the public. Effective March 1, 1987 the Cafeteria will be sponsoring an Early Bird Senior Citizen special. Seniors will receive a 20% discount for each meal bought.

Each meal will consist of 1/3 the daily nutritional requirements. It will be Low Calorie and Low Salt.

Early Bird hours will be from 4:00 p.m. to 5:00 p.m.

All neighborhood seniors are invited and it is hoped that many as possible will acquaint themselves with our cafeteria's services.

Our Menu will differ daily. A nourishing, tastefully prepared meal can be purchased for \$4.00 at a 20% discount making the actual cost \$3.20. Take-out meals will have an additional .25¢ charge.

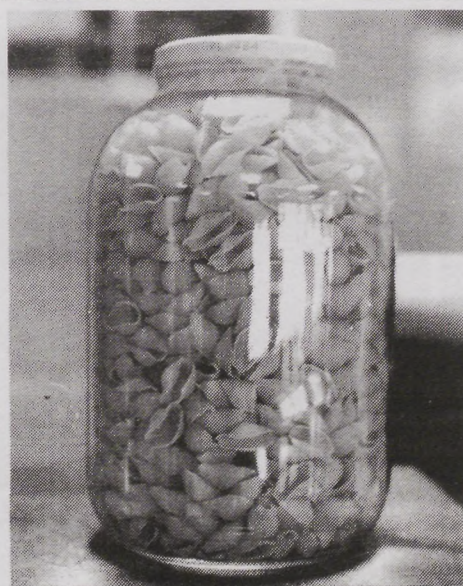
Contest! Guess How Many Shells

Win Lunch For A Week At Extended Care Cafeteria

In honor of Nutrition Month you can win a free lunch for one week if you can guess how many shells there are in a jar displayed in the Extended Care Facility Cafeteria. When you come for a meal, write the number you think are in there on a piece of paper with your name and phone number and give the paper to the cashier. The contest is for the whole month of March.

Winner to be announced after the drawing at month's end.

GOOD LUCK TO ALL!



Have you got the answer?

Mary Gibson Chosen Employee Of The Month

Ms. Mary Gibson began working in the New Community Extended Care Facility in December of 1985. She is the Head Nurse of the 3rd floor, responsible for the care of 60 residents and also a team of RNs, LPNs, and Nursing Assistants. Her job is a very busy and demanding one. Her interaction with family and visitors is very important because it requires a lot of patience, compassion and understanding, which Ms. Gibson has shown here at New Community.

Geriatric Nursing has been a part of her Nursing Career as long as she can remember. When the opportunity arose for her to apply at New Community, she was very grateful and willing to contribute her dedicated services to this facility.

The Extended Care Facility honors Ms. Gibson for her loyalty and contributions and awards her with the recognition of "EMPLOYEE OF THE MONTH" for a job well done.

Jacqueline Ragin
Director of Nursing



Surrounded by well-wishing Employee Council members, Mary Gibson, R.N., smiles in glee upon receiving her certificate of award.

A Motorized Scooter Brings New Life

James Reevey of NC Gardens suffered a stroke about 15 years ago, which left him unable to walk as well as before. An independent, hard-working man, he was frustrated because of his inability to "get around." But all that changed 3 weeks ago when a motorized scooter was delivered to him!

His dedicated sister, Lillian Reevey, who likes to write poetry says jokingly to him, "James who was slow, slow, slow, now can go, go, go!"

James Reevey, prior to his sudden illness was committed to working hard and his employers recognized this outstanding quality. He proudly stated that he was at the same company for over 20 years, being promoted from dishwasher to bus boy to waiter and then to the position he always wanted — the cook.

Mr. Reevey had refused to use a wheelchair all these years, but in a magazine one day he read about motorized scooters and decided that one of those would suit his needs.

His sister, Lillian Reevey was at first hesitant, fearing that he would not be able to handle it. She spoke to Sister Anastasia Hearne, Director of Social Services and Social Worker for that building, who felt that it would be very beneficial to him physically and emotionally and was instrumental in obtaining it for James.

When I asked Mr. Reevey what he said and what his reaction was upon seeing and riding in the scooter for the first time (after being instructed by Mr. Todd of the scooter company). He smiled and said... "Wheeee!!!" He said happily that he feels like it's Christmas everyday and he feels good about being able to get around in rapid comfort. His first venture outside was to go to the corner store to buy some doughnuts.

His sister upon hearing of this outing for the first time, became fearful that he might want to travel farther and cross very busy intersections and stated that she is going to inquire about the possibility of having the Traffic Control Department install slow and cautionary traffic signs by the senior buildings, as the traffic goes by too fast.

James has learned very quickly



Lillian Reevey shares her morning coffee with her brother James.

how to operate his scooter. His neighbors and friends say that this is a new man whizzing around the area, and the man who used to be James has been transformed.

Mr. Reevey smiles more frequently now and once again feels independent. After the interview was over, James Reevey escorted me to the door — something he would have had difficulty in doing before receiving his Amigo scooter, "The Friendly Wheelchair," as its label states.

Health Care Update

My friend has a car to go to the grocery store. She is gainfully employed in a responsible position and has sufficient dollars to purchase food. She is well educated, is knowledgeable about daily nutritional requirements and wants to lose a few pounds. She is an adult responsible for her own behavior.

Despite all these advantages, she has just received her 10th pint of blood following what should have been routine surgery; her body responses were complicated by her state of severe malnutrition.

How could this happen in 1987? In a non poverty-stricken environment?

A look behind the scene would reveal that her divorce is to be final next week. It brought with it loneliness, depression and laziness.

When one lives within a family unit there is concern exhibited for each others' well being. There is incentive to cook for others since eating in our society is an important component of our socialization process. When that pattern changes, when one suddenly lives alone — whether it is a result of divorce, death, travel or children leaving — the absence of this communion often has a dramatic impact on one's life. This change can be further complicated by the presence of barriers to obtaining the basic living requirement of food. For example, if a supermarket isn't easily accessible, if money is tight or if one is handicapped or not feeling well, these barriers can become overwhelming. Well-being is forsaken and forgotten.

It is important for people to understand this possible sequence and its potential danger, since in our society it is well known that there is an increase in the number of people living alone. This is especially true in our older population.

Do we as individuals have a responsibility for our neighbor much less our friends? I think we must. Preventive medicine, the best (and cheapest) medicine, truly belongs in the home, and responsibility with the individual. Only by each of us accepting and following through with our responsibility to ourselves and each other will the health and well being of our society prosper.

Connie Ford, RN, MPA



at ST. JOSEPH PLAZA
233 WEST MARKET ST.
NEWARK, NEW JERSEY
(201) 624-7373

When Is The Best Time To Exercise?

The obvious answer to that question is when you have the time; but does the time of day matter? Research done reports that there are pros and cons relating to both morning and evening workouts. The one point that everyone agrees on is that once a workout time is established you should stick to it. This will allow the proper interval between workouts.

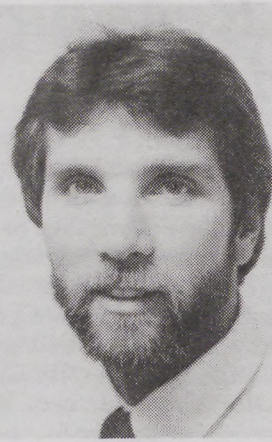
Morning workouts have the advantage of taking place first thing, before excuses can be found not to exercise. However, when you get out of bed in the morning is the time you are likely to be the most stiff and tight, and therefore run a greater risk of injury.

Evening workouts which occur at the end of the work day afford another opportunity for more excuses to avoid exercise — you get an important phone call; problems at the office; too tired; etc. However, the great advantage of the evening workout is being able to work off the frustrations of the day. You are also fairly loosened up from your days activities, which reduces the possibility of injury.

Weight control is always an important consideration. Will time of day affect calories burned? Research results differ.

One study reported that morning runners lost more weight than their evening counter parts, due to the fact that they exercised during the overnight fast. This would burn fat because there was a low amount of blood sugar.

Another study at the Cooper Aerobics Center in Houston, found



By Kerry Gillespie
Exercise Physiologist

evening workouts are the best for weight loss. The two main reasons were first, that exercise has a tendency to depress appetite, so you will eat less at dinner and secondly, the metabolism rate tends to decline as evening approaches but exercise will keep this high which will in turn continue to burn calories after you stop exercising. This increased metabolism is the main reason one should not exercise too late in the evening, for it will interfere with sleep.

What does this mean to you? If you are in a routine of exercising at a certain time and it feels right, stay with it. If you have not established a permanent time, try different times of day to see what is best for you, since there are pros and cons to both times during the day. The most important consideration is the time which is best for you so that you will be consistent and exercise regularly. As Ralph Waldo Emerson said, "This time, like all other times, is a very good one if we but know what to do with it!"

Have A Healthy Heart

In the month of March 1987, New Beginnings will be kicking off its "HAVE A HEALTHY HEART" membership promotion, which means not only great savings to new members signing up, but also prizes for our present members.

All you need to do is tell your friends about the "HAVE A HEALTHY HEART" promotion, and when they sign up for membership, you will receive 50 points for each executive membership, 30 points for each basic membership, 15 points for each aerobic membership, or 20 points for each senior membership that you bring in.

At our St. Patrick's Day Party and the end of the month, we will total up the points, and the member with the most points at month's end will receive a ONE YEAR MEMBERSHIP FREE at New Beginnings Spa, plus a \$25.00 FOOD VOUCHER for the Priory Restaurant. Everyone else will receive one day per point added to their existing membership.

As you can see, everyone will be a winner.

To help you entice your friends to join, we are also offering them a special discount membership rate. The initiation fee is \$200.00 for the 12 months basic and \$99.00 for the 3 months basic.

So start telling your friends the contest has begun. Be sure to have them fill out a certificate when signing up for their membership, so you can get credit for it.

"HAVE A HEALTHY HEART" in 1987 at New Beginnings Spa and Wellness Center.

GOOD LUCK.

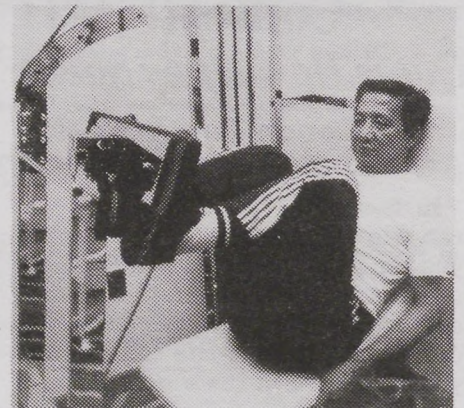
"The Best Kept Secret in Newark!"

at ST. JOSEPH PLAZA

233 West Market Street
Newark, New Jersey 07103
Tel. (201) 624-7373

"ENERGIZE" The Body
Professionally in 1987 At
Newark's most luxurious
Spa & Wellness Center

Starting March 15th
We Are Open
Sundays From
12 Noon to 5:00 P.M.



• PERSONALIZED ONE-ON-ONE
TRAINING AVAILABLE

NAUTILUS WEIGHT TRAINING
UNIVERSAL, PARAMOUNT & CIRCUIT

SPECIAL STUDENT RATES
ONE OF THE BEST WORKOUTS IN THE CITY

Hrs: Mon.-Fri. 7 A.M. to 9 P.M., Sat. 9-5

ATTENDED FREE PARKING ON SITE

SHIATSU — The Ultimate MASSAGE Experience • Whirlpool • Sauna



Social Security News

Enrollment period for Medicare Medical Insurance is open.

The Social Security Office announced that the general enrollment period for medical insurance under Medicare is open through the end of March. People who never had this insurance or who dropped it can enroll and will receive protection July 1. Enrollees pay approximately 1/4 the premium cost. The medical insurance pays for doctors and surgical services, x-rays, diagnostic tests, and prescribed drugs and out patient hospital services.

After an annual deductible of \$75, the insurance will pay for 80% of approved costs.

Contact the Newark Social Security Office at 870 Broad St., 429-8200 for further information.

Social Security Office Expands Calling Hours

Social Security telephone inquiries can be handled from 5 am - 7 pm. the first week of every month now in order to better serve the public. The number is 429-8200.

Social Security Benefits are taxable for certain people.

Part of Social Security Benefits may be taxable maily for those who had substantial income in 1986. Approximately 90% of people will not be affected by this new ruling. The net amount of benefits recorded on the Form SSA-1099 which was distributed in January is the figure used to determine tax liability.

A free booklet, #915 explains this change and can be obtained at the Newark Social Security Office.

Springfield Library Temporarily At Newton Street School

The Springfield Branch Library has temporarily relocated in two school classrooms in the basement of the Newton Street School, the entrance to which is on the Hayes Street side of the building. Due to the available space, only a part of the branch's book collection was transferred.

The staff is pleased with their new landlord, Mr. Willie Thomas, school principal, and their new fellow resident neighbors, the school faculty and pupils, both of whom readily and warmly greeted the library staff and immediately made use of the facility.

It is not presently known how long the public library will be at the school nor when repairs at the Branch building will begin or be completed.

Lewis Graves

A bright blue door flanked by a white and blue sign announce the Springfield Library's new location. (Right)



Students and teachers enjoy their comfortable, brightly lit new library.

Sugar That Is Not So Sweet

The American Diabetes Association conducted a full day of information and education, on Tuesday, February 24th, at the St. Joseph's Plaza. Elizabeth Fear, of the Essex County Chapter and Marcia Benjamin-Michelli, of the State Association, answered questions and offered materials about this disease, that has been linked to heart disease, stroke and blindness.

The day was topped off by a lecture at "The Doctor Is In" series. Venkat

Gandhi, M.D., the Essex County Chapter President of the A.D.A., presented the facts about diabetes. Dr. Gandhi, explained in plain language, the what, why and how of this disease that is widely misunderstood.

I would like to make it clear that these programs are for you and that your support for these programs will be the only thing that can keep them going. I hope that we will see you next month.



Director Betsy Fear enlightens Jamallah Muhammad on the complexities of diabetes in St. Joseph's atrium.

St. Rose To Benefit From Shared Experience

On February 19, 1987, several of the Sisters who work for NCC met with the teachers of St. Rose School. The Sisters are former principals with administrative degrees who also specialized in reading, mathematics, and language arts. The purpose of the meeting was to share expertise. The

handbooks.

The Sisters will work with staff on grade levels as follows:

Sister Anastasia Hearne and Sister Ann Quirk

Kindergarten - Mattie Murray

Grade 1 - Martha Marshall

Grade 2 - Alberta Brady



Teachers and former teachers share their educational skills for the benefit of St. Rose School.

openness and willingness of the teachers coupled with the knowledge and enthusiasm of the erstwhile principals made for a very productive initial meeting.

For the next two years the Sisters and teachers of St. Rose School will work together on curriculum development, on-going staff development, procedures for positive involvement of all students, and revision of teacher, parent, and student

Sister Kathleen Coll, Sister Mary Joan Fries and Sister Clare Terrance

Grade 3 - Whitney Holland

Grade 4 - Selma Sendin

Grade 5 - Sister Pierre

Sister Delores Russo and Sister Catherine Moran

Grade 6 - Dan Fabrizio

Grade 7 - Eugenia Johnson

Grade 8 - Emerita Cabato

Sister Veronica Kaiser will work with the principal, Arthur Wilson.

Donation Is "Volunteerism"

Thanks to Mr. Bill Krickus, owner of Sun Stores Inc, 46 Branford Place, Newark, the office of the Social Services Department is extra spic and span these days! Responding to a reaching-out campaign to the local businesses in the community by the Human Resource Manager of the department, Bill Krickus donated an electric/vacuum broom.

Donations of products to non-profit

organizations is an act of volunteerism. Businesses in and out of the community have a social responsibility towards the community in which they conduct their business and where their employees reside and make purchases.

Once again thanks for your generosity, Bill Krickus of Sun Stores, Inc.!

A CHANGE OF PACE



ST. JOSEPH PLAZA
THE SANDWICH SHOP
233 W. Market Street
Newark, N.J.



Relax in the quaint atmosphere of the Atrium in St. Joseph's Plaza. Enjoy a delicious buffet including chilled wine, beer and many of your other favorite drinks.

For your listening pleasure piano selections by Curtis Watkins accompanied by Emily Ross, vocalist.

FRIDAY NIGHT SPECIAL

From 5:00 P.M. until 11 P.M.

SCRUMPTIOUS BUFFET

Cash Bar

The Security Corner

Sentinels Hold Second Annual St. Valentine's Day Dance

The Sentinels, a non-profit charitable and benevolent association composed of members of the New Community Security Force presented their Second Annual Valentine's Day Dance on Saturday, February 14, 1987, at the Saint Rose of Lima School Auditorium, 540 Orange Street, Newark.

The event was another in a series of successful fund raising affairs given to provide the association with revenue to donate to and sponsor meaningful programs designed to aid its efforts in "helping to improve the quality of life for those among us in the community who are less fortunate," stated Sergeant William Cameron, president. He stated further that donations from Saturday's

on April 19, 1984. With the exception of one month he has worked steadily at NCC Manor Senior, 545 Orange Street.

During this time, he has not missed one day of work nor has he been late. His exemplary record, conduct and professionalism, and his ability to work well with others, deem him worthy of the award. He sets a fine example for others.

Mr. Boyce was a recipient of NCC Security's Good Conduct Medal at last year's 2nd annual awards ceremony because of the many courtesies and good deeds he extended to residents of NC Manor Senior.

Mrs. Rhodes, Building Manager, said of Officer Boyce, "he was instrumental in improving conditions at Manor and was good at problem solving." She and the residents feel very secure and confident while he is on duty.



S/O Gilbert Boyce (center) receives congratulations from Mrs. Rhodes, while Security Director DuBose stands by.

benefit will go towards establishing a fund for a much deserved and worthy project for the community to be identified by the group in the very near future.

Guests were treated to hot and cold buffet which is customary at all the Sentinels events. Music was provided by a disco group known as UFE "A Dee Jay group."

Committee members for the affair were: William Cameron, Bernard Holloway, Shiela White, Mathew Richardson, Patricia Sherrod, Jimmy Richardson and John Jackson.

Officer Of The Month

Security Officer Gilbert Boyce has been selected as the Officer of the Month for February 1987.

Officer Boyce joined NCC Security

A native of Marion, North Carolina, Officer Boyce moved to Newark in 1959. Before joining NCC, he worked for two well-known security agencies.

The award was presented to him by Director DuBose, Associate Director Rhynes, and the Katzin Uniform Company of Newark, co-sponsor of the program.

Security Bids Farewell To Two Of Its Finest

Two New Community security officers have been appointed Correction Officers at the newly constructed State Prison, located on Route 1 and 9 North in Newark.

The Officers, Roslyn Holmes and James Carey, reported to the training

academy in Trenton, on Monday, February 23, 1987.

Officer Holmes is a five year veteran of NCC Security. She worked most of the time at Roseville Seniors on the 8:00 a.m. to 4:00 p.m. shift. Officer Carey, a one year veteran, worked on a variety of assignments including senior buildings on the 12:00 a.m. to 8:00 a.m. shift.

In their letters of resignation, both

expressed their appreciation for the valuable experience they gained by working for NCC Security.

All members of NCC Security will miss the both of them, and wish them well. The members of the security department feel certain that the both of them will do well in adapting to their new positions and environment, because of the discipline and experience they have received here at NCC.

The Wooden Horse

Revelation 6: tells of a scroll in God's right hand that is sealed with seven seals. When the first four of these seals were opened, four horsemen appeared. Their horses were white, red, black, and pale representing Conquest, War, Famine, and Death respectively. Mythology tells us of another horse — a "wooden horse".

It seems that the Greek army, after ten years, was unable to conquer the city of Troy, so they built a large wooden horse and placed it outside the walls of Troy. Odysseus and some other warriors hid inside the horse while the rest of the Greek army sailed away, out of sight, to a nearby island. The Trojans were warned against taking the horse into their city, but Simon, a Greek prisoner, persuaded them that the horse was sacred and would bring the protection of the gods.

The Trojans then pulled the horse into Troy. That night, after celebrating their apparent victory, they fell asleep, and the Greeks then crept out of the horse and opened the city gates to enable the rest of their warriors (who had returned from the nearby island) to enter, slaughter almost all of the Trojans, and burn the city.

Sin is like that wooden horse in a contemporary setting. It stands silently outside of the walls of our homes, workplace, community, and places of recreation waiting for the curious and unsuspecting to permit it to enter and destroy our lives and souls. For a while it stands quietly before us as on parade, a prelude to rising like a devastating tornado whirling away on a destructive journey throughout our lives to create spiritual holocaust.

Sin has a way of first involving little things, then after being condoned, stretching out to encompass much more. There is a story of an Arab boy who when requested by a camel to let him put his nose in the Arab boy's tent because it was cold outside, consented. It wasn't long before the camel asked that his head and forelegs be permitted inside to which the Arab acceded. Just as he was about to fall asleep, the camel moved his whole body into the tent, and the Arab boy found himself outside in the cold.

Sin, too, can enter our lives in a small way and grow to take over our entire existence. Sometimes people sin from curiosity, and later find themselves almost totally immersed in sin — addicted to a torment that sears and destroys their souls. Sin, like a cobweb, may easily be formed, but like steel cable, difficult to break.

Most sin is not spontaneous, but something which before the act, we have thought about. In our impious world, satanic influences are inundating mankind with persuasions to worship the mundane, pragmatic values of the times. The hooves of the "wooden horse" trample across the stage of human history with an unprecedented acuteness, bringing in their wake, spiritual poverty and destruction. The tremendous tidal wave of sin smashes on the shores of our lives, as a worldwide battle rages between the forces of good and evil — God and Satan — and all of us are caught up in the crossfire.

There is an urgency to heed the Seismographic warning that this world, distorted and warped by sin, is toppling. The "wooden horse" is already riding in our direction — galloping down upon us. Man was created by God with the power to choose, and each will ultimately be held responsible for what he chooses. The basic issue facing mankind today is spiritual in nature, and although mankind tries many ways to escape the many dangers of life, no man can escape the consequences of his sins.

The Trojans were asleep when a few warriors opened the city gates and let in the Greek army who slaughtered them and burned their city. Mankind, today, must be alert to the dangers that exist outside of the walls of their homes and community, for tomorrow those dangers may destroy within. "Be sober, be vigilant; because your adversary the devil walks like a roaring lion, seeking whom he may devour. Resist him, steadfast in the faith..." (1 Peter 5:8,9)

Archilles, son of Peleus, King of Thessaly, was one of the greatest heroes of Greek Mythology. His mother was told if she dipped him in a river, he would be invulnerable to all wounds, so holding him by the heel she dipped him. Seemingly he was protected everywhere on his person that was dipped, but Hector's brother, Paris, shot an arrow that the god Apollo guided into Achilles' undipped and unprotected heel, causing Achilles to die of the wound.

We all try to find ways to escape the inevitable. Some people think that they can sin and come away unscathed — that they can use controlled substances and stop whenever they want to — but such is not always the case. Sin strikes us in our weak spot — where we least expect to be struck. We all have an Achilles heel, and all of us have, confronting and challenging us, "a wooden horse".

Lewis Graves
Springfield Branch
Newark Public Library

NOW, THERE IS HELP THE ESSEX COUNTY FAMILY VIOLENCE CENTER



**SHELTER — COUNSELING
REFERRALS BY TRAINED STAFF
FOR
BATTERED WOMEN
AND THEIR CHILDREN**

484-4446

24 HOUR HOT LINE CALL ANYTIME

**SPONSORED BY
BABYLAND NURSERY, INC.**

Valentines

Curtis Watkins gave a living valentine to all the seniors by entertaining them with his mini-concert of love songs through the century. Chuckles and sighs could be heard as a song touched a memory of courtship and sweetheart days and spirits were

lifted as the audience at Roseville agreed that this was a delightful performance.

It's a good feeling to be somebody's valentine.

Sister Kathleen



Curtis Watkins lends his beautiful baritone to a selection of love songs.

NC Associates

Inspirational Chorus Anniversary

January 24, 1987 was a special time for the 180 Inspirational Chorus, as it was the celebration of their eighth anniversary. Although the weather was frigid, in the community room that evening a warm and friendly atmosphere filled the room. Due to the inclement weather some of the guests that were invited to attend the anniversary could not make it, but we did have a good time with those who did. The good Gospel music and inspirational songs uplifted the spirit of all those who were present. The Inspirational Chorus was very grateful and appreciated the choirs and groups that made their way to the anniversary. Everyone played an important part. We were very much encouraged and want to thank everyone for what they did to make our anniversary a success. Without you, there would be no anniversary! To those who did not make it we understand, but we are looking forward to seeing you later this year.

Senior Organization Election

February 4th was election time for the Senior Citizen Organization. Its

inception took place in 1979 thanks to Mr. Sterling Hill and Joseph Graham, both now deceased. Its first president, and after the election still President, is Maude Jones. Other officers elected and some re-elected were Phyllis Burton, Vice President; Beatrice Graham, Recording Secretary; Kathleen Charles, Financial Secretary; Emma Johnson, Treasurer; Martha Tueswell, Chairperson of Sick Committee; Minnie Bass, Treasurer for Sick Committee; and Nora Smith, Chairperson of Hostesses for the Senior Citizen Organization.

The organization has given trips and some free dinners for everyone. They are planning more trips and all who care are welcome to participate. In January they gave a free "Past Christmas Dinner" and several seniors enjoyed the delicious meal. In May, there will be dinner at Town and Campus. If interested please call Ms. Jones 622-3924.

Other affairs will be posted on the bulletin board.

Phyllis Burton

Valentine's Day Is Not Just For Lovers

On February 13 the Home Friends had a Valentine's get-together over at NC Manor Senior.

It was just something to let the seniors know that someone cares.

I would like to thank the youth in the after school program for making Valentine cards for all the seniors and handicapped in the Home Friend Program. Also, our thanks to St. Rose Children's Choir for rendering such beautiful songs. The seniors, young

disabled and handicapped were patting their feet, clapping their hands and enjoying every gospel praise that the children sang.

There were refreshments and little gifts were given out. You had to be there to see the expressions. That is what makes the job worth while — seeing their faces when they realize that someone does care.

Gloria Chambers
Home Friends Coordinator



St. Rose's choir touches the hearts of the Home Friends' audience with their fresh young voices.

Come With Us To The "Hills"

Some things are always worth doing twice. Wednesday, June 10th, our theater-goers will revisit the Hunterdon Hills Playhouse, in Tarrytown, N.J. For an outrageously funny comedy mystery by Jackie Weinstock and Willie Gilbert called "Catch Me If You Can."

What better way to spend a spring afternoon than with a lovely ride on a Climate-Comfort-Controlled bus, provided by the playhouse, touring the majestic beauty of the openness and new greenery along the way. Then, after being greeted by our courteous host and hostess, settling down into one of the theater's plush dining arm chairs for a palate pleasing lunch — a feast truly fit for royalty, where the salad is so fresh one must look twice. It is rare to find greens so green and truly "red" tomatoes, not to mention the nose tickling aroma of their own homemade breads, the variety of which is quite extensive.

Sounds delicious already and we have not even mentioned the main course yet!

As always there will be a choice of five (5) teasingly tempting luncheon entrees. You may choose from Yankee Pot Roast, Stuffed Breast of Chicken, Fried Shrimps, Broiled Filet of Sole or Baked Meat Loaf all served with bake potato and fresh

vegetables, followed by homemade dessert and coffee or tea. There is also a bar where you may wish to order a midday toddy.

When the meal is finished you are ready to sit back in comfort and enjoy a rousing good mystery, a "Whodunit," which is overflowing with laughter, ingenious plot twists and a truly surprise ending!

Come and join us for an enjoyable afternoon of good food and fun. The price of this theatre — luncheon matinee is only \$30.00, which includes round trip charter bus transportation, full course luncheon, the show and all tips and taxes (except the gratuity for the bus driver). Remember the date Wednesday, June 10th. Start planning early by making a small deposit of \$10.00 now, due March 13th. Balance is due April 30th. Make payments to Joyce Holmes, of the Social Service Department.

Do come and join us and reserve your seat early. If you want to find out more, ask someone who has been there before. Mrs. Koontz told us, "This is fabulous, the service was extraordinary," Mrs. Rivers said, "Let's do this again," and Mr. Williams told us, "I felt right at home!", Mrs. Clark felt, "The ride was lovely and the people were so genuinely friendly!"

Need I say more!

ATTENTION ALL TENANTS
NCC Health Care Center
623-2480

Transportation to NCC Health Care Center will be provided for your convenience.

233 W. Market Street

at

Newark, N.J. 07103



Join us for a relaxing musical interlude with
"Thursday Night Showcase"

Featuring N.C.C.E.

a New Community Creative Ensemble

in the atrium beginning at 6:30 p.m.

Buffet until 11:00 p.m.

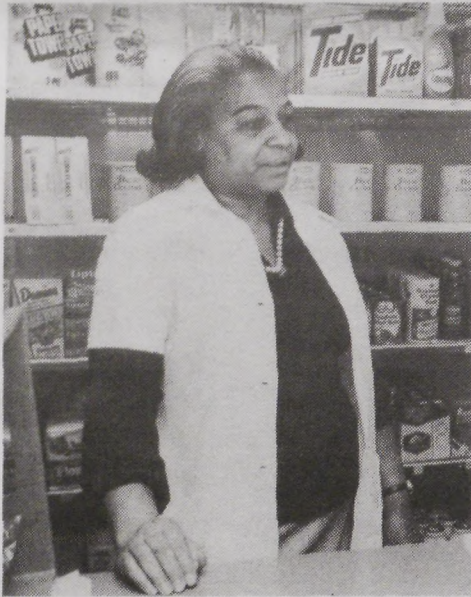
Cash Bar

At Your (Social) Service

by the Staff of NCC Social Services Department

The Corner Store

When Ethel Clarke, the former concession manager at NC Manor Senior, became ill in January, Wyline Thomas quickly volunteered to manage the concession in that building. The concession, located in our Senior building, is a "mini-convenience store" enabling the tenants to quickly purchase items when they are unable to go out to the store. The concession was going to



Wyline Thomas pauses momentarily between customers.

"close its doors" if no one would handle it.

Sister Anastasia asked Mrs. Thomas, who agreed to manage the concession which sells such items as bread, peanut-butter, soda, snacks, canned spaghetti products, milk, soap, eggs and juice, among many other items.

Mrs. Thomas comes to this position with sales skills, since she used to help her husband who owned a fami-

ly grocery store in Newark for about 10 years. She takes great pride in the concession and all of the items are neatly arranged on the shelves. "Can I help you?" Wyline asked Nettie Berry in her usual courteous, friendly manner when she came to the counter to make a purchase.

Wyline checks her inventory and restocks quickly. She said that the residents in the building have "such a sweet tooth" that she cannot seem to keep cakes, etc. on the shelf because the tenants purchase them so quickly. She said that she has learned what products her customers want and then orders them so she has steady customers.

Mrs. Thomas has volunteered in many areas for NCC. In 1983 she won an appreciation award for volunteering her homemaker skills. She learned these skills at a 10 week home nursing course that NCC offered for which she received certification. She was one of the first tenants and assisted with setting up classes in arts/crafts and in sponsoring birthday parties. She said the social worker for the building in 1983, Sister Marion, called her "her right hand." She currently is in charge of the Brown Bag Program for her building which is a food distribution program for the seniors.

Wyline Thomas' "volunteerism" is helping her neighbors to conveniently shop. She said "it would have been a terrible thing" if the concession closed "particularly for the handicapped residents" to whom she occasionally delivers groceries.

The volunteer efforts of this one person are contributing to making life more pleasant for many, many others.

The Role Of Volunteerism

There is in our state, the NJ Office of Volunteerism, established to continue supporting the large number of volunteer organizations by encouraging, recognizing, identifying and expanding the role of volunteerism in New Jersey. Volunteers give assistance in helping the handicapped, elderly, young person or family needing a hand, being a friend, or extending themselves in a crisis situation. Volunteers also give their time performing "unsalaried" tasks.

Right here in Newark, in NCC buildings volunteerism has taken root. There are tenants who are volunteering their time regularly, like assisting with the concessions located in our buildings, as Wyline Thomas does weekly, and assisting with our children in our after-school program like Betty Williams does daily. These are just some of the important roles that volunteers play in the community in which we live.

There are many areas of opportunity where volunteers are needed here at NCC. These opportunities while "unsalaried," have intrinsic value to the volunteers as he/she is richer knowing that he/she extended a helping hand to others. Often, unfortunately, people say "well...what's in it for me?" It is the unselfish act of volunteerism that helps to create an inward glow emanating from love of thy neighbor — knowing that someone cared. The feeling of compassion, the spirit of enthusiasm and the aura created from feeling good about oneself are the new feelings that one gets in touch with through being involved in unselfish acts. That is the pay-off.

Aware of their corporate community social responsibility, an increasing

number of companies are granting their employees release time — time away from work — to do community service work. These companies have established formal volunteer programs, usually in their community affairs department.

Voluntary Action Centers and Involvement Corps play major roles in linking community agencies with volunteers from the business community. Some companies loan executives to non-profit agencies for times even as long as a year and continue to pay their salaries and benefits, and reimburse them for leave related expenses. There are employees who take a social service leave; while most continue to receive company benefits they generally do not receive leave-related expenses such as mileage, etc. Some companies donate items where their employees volunteer such as meeting space, computer time, furniture or clothes and may also provide grants. They realize that these volunteer activities are meaningful and an asset to the corporation's public image.

If you are an employee of a company, ask your personnel department about organizing employees for volunteer assignments in the community. Or if you are looking for an opportunity to share your talents, time or area of expertise so you can personally feel rewarded...volunteer!

Volunteering for many New Jerseyans is a way of life. You can begin today to make it your way of life...and help another life.

Any person or business seeking volunteer opportunities please contact Mowbrey I. McKinley, Manager Human Resources in the Social Service Department of NCC at 623-6114.

Family Advisory Board Is Special

The members of the Advisory Board for Families are a very special group of individuals. These ladies are not only volunteer members of the Advisory Board for Families, but they also volunteer their services through NCC. Lorraine Woolridge, social worker for families, states that they are always so willing and cooperative whenever she requires their assistance in handling various needs such as processing the **Clarion** delivery, picking up and distributing food, sorting clothing and furniture donations.



Family Advisory Board members come together to discuss their program of activities.

The community will be hearing more from this enthusiastic group of volunteers as they are in the process of sponsoring many exciting fundraising drives to benefit NCC. They recently held a successful sale of dinners and a bus ride to Atlantic City. Scheduled for April 5th is a disco for residents of Families housing.

Please support their activities as the proceeds will benefit NCC programs for residents. On behalf of the Social Services Department, I would like to say "Thanks for volunteering."

Arts And Crafts Volunteer

Lena Bolding of NC Associates, a vivacious, well-dressed 81 year old (who looks at least 20 years younger) can be found weekly teaching arts and crafts at the Medical Day Care Center. She volunteers her arts and crafts skills to the Center and is very resourceful. She creates and designs many articles in her spare time, including baskets, aprons, and pot scrubbers out of various materials, and plans on teaching the ideas to her senior and handicapped friends at the facility.

She is a meticulously dressed lady who knows the morale advantage of "liking to look good." She feels that just because one is a senior citizen who might not have much occasion to go out, is no reason not to "look good for yourself." This inner glow and confidence is part of her outgoing warmth and provides the base for her energy and love for humanity.

Lena enjoys helping others and "doing for other people." She said that her husband, a former tailor whom she was married to for 61 years, always did so much for her. Just before he passed away he told her that he asked Mr. Morgan (another NC Associates volunteer) to please help her whenever he could, as he knew he would soon pass and he was

aware that she was very dependent on him.

Lena is now helping others and filling an important role by sharing her talents and time with others.



Lena Bolding lends a friendly assist to two ladies in the Medical Day Care Program.

More Volunteer
Stories Next Month



March Is
Women's
History
Month

Visiting The Mission

In celebration of Black History Month, students of New Community Corporation visited the "Mission" of SMA Fathers, the Society of African Missions, in Tenafly, New Jersey.

The students were greeted by Mrs. Aline O'Connell, the director of art education, and Rev. Pascal, a Ghanaian priest currently working in the United States. Mrs. O'Connell introduced the students to the vast collection of artifacts in the African Art Museum, and Fr. Pascal taught the students the Ghanaian song of unity. After lunch, the students concentrated on the images of birds, went on a treasure hunt for African birds in the museum, and drew pictures of their favorite feathered creatures.

Then, Dr. Sara J. Talis, the director of mission education, introduced

the students to the size and geography of the continent of Africa as well as a variety of cultural artifacts from Tanzania, East Africa. The students also learned about the music and dance of the children in Africa. The girls draped themselves in colorful African skirts and danced while the boys drummed a steady beat and played the South African gourds. Finally, the students studied a slide show illustrating the value and the work role of the child in Tanzanian society.

The children came back exuberant and with a feeling of renewed pride in their cultural heritage.

We are very grateful to the mission for the educational opportunity and for the excellence of their presentation.



NC students admire an enormous headpiece in the Mission's Museum Room.



Father Pascal enchants his listeners with the story of an African song.



Dr. Sara Talis joins the students as they delightedly abandon themselves to African costumes and dances.



Aline O'Connell shows a young lady the proper draping of an African dress.

Youth On The Move

Summer Program Planning Begins

On February 13, our first meeting to plan for our summer youth program was held. The purpose of this meeting was to reorganize and make new suggestions on old policies. The meeting was a great success. The residents that attended this very important meeting have pledged their support to make this year's program the beginning of a bright future.

NBA Tickets Donated

On February 19, a group from the

New Community Corporation After-School Program went out for an evening of fun and excitement. The excitement took place at the Meadowlands arena. Thanks to the generous contribution from Mutual Benefit and Mr. Al Wickens, our children were able to watch a National Basketball Association game between the NJ Nets and the Golden State Warriors. Although the outing and the time was well spent, the outcome was not what our children were hoping for; our Nets lost.

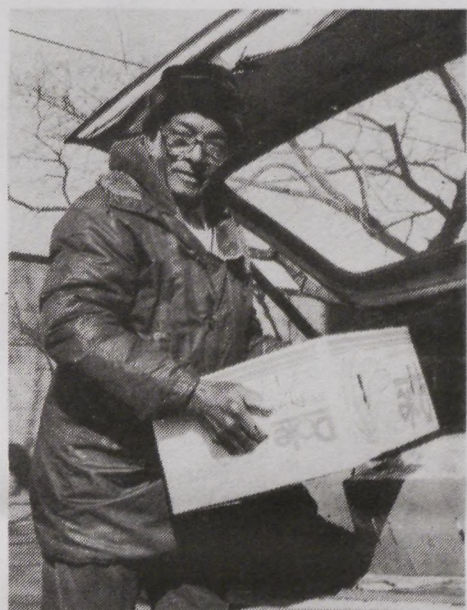
A Helping Hand

Louis Morgan of NC Associates can regularly be seen delivering food to his building from the Food Bank. The tenants have come to rely on his picking up this donated food and he does this very willingly.

Louis, one of the first tenants in the building says that he will "help anybody." One time he even drove a very ill tenant to the hospital during extremely inclement weather when ambulances and taxis were not operating. His neighbors often ask him to drive them to Kearney or elsewhere to do their grocery shopping or other errands. His neighbors know they can rely on this congenial man to assist them in many ways.

A very helpful man, he has a basic concern for people and said "the Good Book says...to reach out and give a hand."

Louis Morgan, we are glad that you care to reach out.



Lewis Morgan, Jr., unloads his station wagon after a trip to N.J.'s Community Food Bank.

Benefit Game Set

The game is set and the search is on. On Saturday, April 11, the NCC All Star (1-0) will take on the famous 98.7 Kiss Kards in a Benefit game to purchase a van for the youth activities.

A Special Thanks To:

Dr. Nick Ingoglig and Mr. Charles McKenney of University of Medicine and Dentistry of N.J. for their recent donation to our basketball team which is 9-2 in St. Rocco's basketball league. Tickets were donated to be a

part of the NJ Nets vs. Atlanta Hawks, and University Basketball League All Stars double header on Sunday, April 12 at 1:00 p.m. at the Meadowlands.

The Junior Girl Scout Club will be venturing into some new and exciting activities. The girls are planning to take in some Broadway plays such as: **Mama I Want To Sing**, and **Blazz-natazz**. They are also planning an appreciation drive to honor a basketball team for their accomplishments.

Eladio Negron/Celestine Davis

Goldmining The Urban Way

No one can say the seniors at New Community have been sitting on their cans!

In February, they initiated an aluminum can recycling project called "NCC Seniors Recycling in Newark." The program is being coordinated by the City of Newark, Office of Recycling and is sponsored by Alcoa Recycling in Edison, New Jersey.

At their first collection over 5,700

pounds of aluminum were turned in; that's a lot of soda and beer. This is a good indication of more to come, because as the weather gets warmer, more drinks will be consumed and that to the seniors means more gold coming from aluminum.

Everyone is really happy about this project because for some they have taken it as a mini-job to be can spotters and act as "prospectors" on the lookout for valuable "gold."



NCC's maintenance crew members stand in formation in their new shirts, displaying their catch of the day.



Magician R.E. Cycle shows — most graphically and entertainingly — how recycled aluminum turns into cash.



Alvin Zach (standing behind table), Director of Newark's Dept. of Engineering, addresses a large audience of NCC residents and employees.

The money received from the collection is being deposited into the NCC Credit Union as part of an ongoing Fund-Raiser for the NCC senior and handicapped bus. This is something they believe in and want very much. Pride comes from being able to do something on your own, but help is always welcome. The seniors believe that all old things still can be useful and given new life, which is what the recycling program will do for these cans and has already done for many of the individuals who have taken an active part in putting their "cans" to work.

If you are a soda drinker or beer lover and you want to help us in our quest, just pitch your clean and dry cans into one of the white receptacles found on each floor in the senior buildings. Please — only deposit aluminum cans. No food cans are recyclable. Non-aluminum cans such as Yoo-Hoo, Hawaiian Punch, Goya Juices and Chocolate cans are not acceptable.

Langston Hughes wrote: "...the only way to get a thing done is to start to do it." Help us reach our goal! We can do it. Yes we can, can, can.

Joyce Cook



Two Alcoa workers line up mountains of bagged cans prior to loading them onto their truck.

Boy Scouts "Pitch In" For Recycling

To serve one's community is a great privilege. On Thursday, February 5, 1987 Boy Scout Troop 1574 was given that opportunity.

The troop was invited to attend a pilot program at the Senior Citizen Building adjacent to Newton Street School. In conjunction with New Community Corporation, which runs the Senior Citizens Building and the Newark Office of Recycling, the Boy Scouts will be participating in an aluminum recycling drive.

The Boy Scouts, housed in Newton Street School, will be collecting aluminum cans in and around their school building. The aluminum cans they collect will be donated to the senior citizens' drive. The cans will be picked up and recycled by Alcoa Aluminum.

At the same time the Boy Scouts will be coordinating a drive throughout Newton Street School and the surrounding community. This effort is to make their fellow students

and community residents aware of the need to clean up their city.

Mr. Lewis and Mr. Salardino the troop leaders who are overseeing the drive are very enthusiastic. They feel it is a good way for the scouts to fulfill their motto of service. By being a part of the drive, the Boy Scouts will learn to put their pledge into action.

They will also learn that only through cooperation with others involved in the welfare of our city can we make it a better place to live.

Mr. Lewis and Mr. Salardino are hoping that other schools, businesses and private citizens in Newark will also become involved in this worthwhile effort. It is the responsibility of all the people who live and work in our city to help clean it up, and keep it clean.

They are hoping that in the not too distant future, there will be recycling drop-off centers throughout Newark and that all people who are involved in the city, will use those drop-off centers to help keep Newark city

streets clean, while at the same time preserving our natural resources.



Boy Scout Troop 1574 proudly assemble for a portrait with their collection of aluminum cans.